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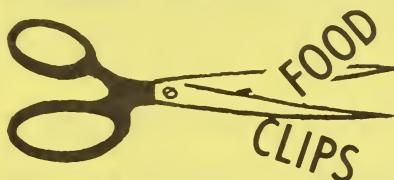


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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

May 13, 1974



Add some garden-fresh flavor to your family's favorite canned vegetables -- add an onion. Try cooking fresh chopped onion in a can of peas, or sliced fresh onion with canned tomato. Tired of blah-ho-hum meals? Add an onion.

* * *

Storing cooked meat? It keeps best if left in large pieces until used. However, to save storage space, you can remove meat from bone. Wrap well to prevent drying.

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What is "brick" cheese? It's made from cow's milk and is mild to moderately sharp. It's creamy yellow and sold as a loaf, brick, slices and cut portions.

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"Colby" is an American cheese made from cow's milk and is similar to provolone cheese, but is not smoked. It's a mild--or mellow type cheese, usually light or yellow-orangish.

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CHILD NUTRITION PROGRAMS

---at U.S.D.A.

What do you think? A comprehensive review of the Federal-State child nutrition program is being made by the U.S. Department of Agriculture and public comments are invited. USDA wants to know what your comments are on the National School Lunch Program, School Breakfast Program, Special Milk Program, and Special Food Service Program for Children.

Organizations and individuals in the field of child care and nutrition may have recommendations which would be useful to this program. Do you have an alternative to the present program? How effective are the child nutrition programs in your area?

Write your comments to Herbert D. Rorex, Director, Child Nutrition Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250. They must be delivered by May 30, 1974.

IF YOU THINK COWS ARE ON STRIKE---*

Here's why.

Did you know that it takes a long time--two to two and a half years--to raise a cow to the point of producing milk? And milk production? It's slipped about 3-1/2 percent in 1973; cow numbers were down, as was production per cow.

Cows may look contented -- but dairying and dairymen can't easily survive over the long term without economic stability. Last year, production per cow fell for the first time in thirty years and the reasons are high costs of feed, which caused dairymen to reduce grain feeding. Other factors were the shortage of skilled labor to work in the dairies and the lure of better opportunities elsewhere for dairymen.

The milk supply rises and falls with the season but the amount of milk the public consumes stays fairly constant. This means a special pricing system is necessary to bridge the gap. However, it must be flexible so prices won't induce burdensome surpluses during the periods of peak production.

The basis for establishing or changing a milk marketing order is the public hearing held by the U.S. Department of Agriculture where all interests--farmers, milk handlers, and consumers air their views. This is the manner in which the government helps to assure an appropriate balance between the interests of farmers, milk handlers, and the general public.

* Complete story of 1130 words available to the Press only on request to Food and Home Notes.

FOOD PRESERVATION SERIES VI

Freezing is...one of the simplest and least time-consuming ways to preserve foods at home...it keeps the natural color, fresh flavor, and nutritive values of most foods, especially fruits and vegetables.

What to freeze and how much? It depends on family preference, freezer space and other storage methods used (such as canning and drying).

---On Selections

It is important to select the proper foods at the right stage of maturity; the stage when they would be best when eaten fresh. According to U.S. Department of Agriculture home economists, some varieties freeze more successfully than others because they retain their color, flavor, and texture better. Your county extension agent or home economist can suggest the best freezing varieties in your locality -- but, it is also important to read the manufacturer's instruction book that came with your freezer. Foods, generally not frozen, are green onions, salad greens, radishes, or tomatoes (except as juice or for use in cooked foods).

---Economical Use of the Freezer

Costs of owning and operating a home freezer vary with the rate of turnover of foods, electricity used, costs of packaging materials, repairs, and the original cost of the freezer. One of the most important factors in the economical use of your freezer is to make sure that all foods should be used within a year and that the space in the freezer is used wisely. The higher rate of turnover, the lower the cost per pound of frozen food. Operating costs per pound of food are less if the freezer is kept at least three-fourths full at all times.

---Packaging

A good quality food may become unacceptable if improperly packaged. The purpose of packaging is to keep food from drying out and to preserve food value, flavor, color, and pleasing texture. Containers should be easy to seal, waterproof against leakage, durable, and must not become brittle or cracked at low temperatures. Most glass, metal, rigid plastic containers, bags, wrapping materials, and waxed cartons made especially for freezing are satisfactory moisture-vapor-resistant.



(more)

FOOD PRESERVATION SERIES -- on Freezing, Part 1

Non-acceptable packaging materials for frozen storage include ordinary waxed paper, thin wrapping foil and plastic bags, and paper cartons from cottage cheese, ice cream, and milk. Bags may be used for liquid packs. Place them in rigid containers until the contents are frozen, then remove and store. Rigid containers and flat-sided ones stack well in a freezer permitting best utilization of freezer space.

Care in sealing is as important as using the right container. Lids should be carefully pressed or screwed into position. Bags may be sealed by pressing the edges with a warm iron; first place a piece of paper or heat-resistant material over the edges to be sealed.

---On Filling Containers

Never fill containers too full because it may result in breaking the seal, spillage, and loss of moisture and flavor. Follow recommended instructions for freezing, either the manufacturer's manual or USDA publications or information from your County Extension Office.

Remember to...freeze foods as soon as they are packed. Put them into the freezer a few packages at a time. Put no more food into a home freezer than will freeze within 24 hours. Usually this will be about (a rule of thumb) two or three pounds per cubic foot of freezer capacity. Freeze at 0°F or below. For quick freezing, place packages against the coldest coils or walls and leave a little space between packages. Later move the packages and restack close together (to conserve space). Remember, overloading slows down the rate of freezing, and foods that freeze too slowly may lose quality or spoil.

Final touch---Label each package with the name of the contents and the date. Use a wide indelible marking pen on the package or a strip of freezer tape. Devise some sort of inventory sheet to help you keep track of what is going in and out of the freezer.

NOTE: On U.S.D.A. and/or material from Food and Home Notes--

Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C., 20250. Or telephone 202-447-5898.
